



Post Whitening Care Instructions

Congratulations! You've just experienced a revolutionary tooth whitening procedure. Your teeth are going to continue to whiten for the next 48 hours. The enamel of the teeth becomes very dehydrated after a professional whitening procedure and they act as a sponge and absorb anything you put in your mouth. The next 48 hours are important in enhancing and maximizing your whitening results for a long, lasting, bright and healthy smile.

For the next 48 hours, dark staining substances should be avoided, such as:

Soy Sauce	Cola	Berries	Tobacco products
Red Wine	Mustard	Ketchup	Coffee and / or tea

Acceptable Foods:

White Chicken	Honey	Sprite	Apples
Alfredo Sauce	Water	Milk	Italian dressing

Additional Information:

- Sensitivity is expected following a whitening procedure. For minimal discomfort take 800 mg of Ibuprofen. If the sensitivity becomes moderate – severe or lasts more than 24 hours, please contact the office.
- 3 – 4 days following the ZOOM procedure, you may experience “fade back” – where your teeth may fade back 1 – 2 shades. In order to see your optimum whitening results we ask that you use the NiteWhite touch up kit provided with your custom made whitening trays. The syringe of whitening gel should last 3 – 4 sessions. Use the tube consecutive days (3 – 4 days) following the in office procedure. Wear the trays 1 – 2 hours at home. Specific instructions on the NiteWhite gel are located on the back of the box.
- After the ‘touch up’ sessions at home, you will need to continue whitening with your trays every 3 – 5 months (depending upon how much staining products you consume and if you are a smoker). Additional whitening syringes are \$65 and include 4 tubes. A kit should last 1 – 2 years.

Additional ways to maintain your sparkling ZOOM!® smile:

- Use an automated toothbrush (Sonicare, Braun Oral-B Triumph) – they are superior to removing surface staining compared to a manual toothbrush. If you are interested in purchasing one of these toothbrushes, please let us know. They are \$149.99 at retail cost but we have them for our patients at a low cost of \$90.
- Drink dark liquids through a straw (tea, coffee, cola).
- Seek regular professional dental hygiene care to maintain oral health

